A New Concept of Psyche (Rev.)

Torsten Oettinger

Brief preliminary remarks[1]

> Motto: *"We should question the mother in her home, the children on the street and the common man at the market, and then **watch** their **mouths** to see how they talk…" (Martin Luther) - to find out what concerns them.*

I think Psychology today is in crisis because it defines itself too one-sidedly as a science. This neglects scientifically elusive topics. This includes not only a number of everyday problems, but in particular the existential human issues.

With my concept, I want to open up another perspective on understanding the psyche - from a purely scientific to a more lifelike view. Following Luther's motto, I see **language as the most suitable instrument** for this. It makes statements about how people experience themselves and the world - with corresponding differentiations and meanings. Therefore, I look at psychology from the perspective of a Metapsychology which offers, like language,

1. the greatest possible **'Differentiations'** of the psyche and
2. takes into account their most important meanings (**'Dimensions').**

More precisely, I determine, on the one hand, all psychologically relevant phenomena such as the psyche analogously to basic language patterns and, on the other hand, according to basic language meanings.

[1] Due to the shortness of this article only keyword-like. Detailed in chapters of https://new-psychiatry.com

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On 1. The Differentiation

"Language is yet more than blood." (Franz Rosenzweig)

The differentiation is based on the formation of analogies between patterns of language and patterns of that, which is psychically relevant, including the psyche itself.[2]

Substantiation

Psyche itself can only be determined indirectly. One can draw conclusions about the psyche from people's behavior and dreams, from culture, from history of humankind and many other sources - but especially from language. No other instrument gives us as much information about everything psychically relevant as language.

I start from analogies between language and psyche.[3] A person's psyche includes everything that concerns the person, and everything that concerns them, in turn, finds the most important and differentiated expression in language. For this reason, it makes sense to derive structures of psyche from structures of language.[4] In analogy to the grammar of language, one could speak of a "grammar of the psyche".

- Just as language differentiates our existence, I differentiate the psyche. Therefore, I assume that basic characteristics of the language in relation to its structure, dynamics, and quality statements are similarly found in the psyche.
- In other words, Psyche shows similar characteristics to language in terms of its structure, dynamics, and meaning contents.[5]

Implementation

First, I derive basic patterns of the psychical relevant as well as the psyche from basic patterns of language. As a simple basic pattern of a (developed) language, one can use the classification in nouns, verbs, adjectives and syntax.

- Nouns primarily represent things, people and other forms of being.

[2] 'Psychically relevant' means everything that has importance for people. 'Psyche´ means the personal psychical relevant.

[3] Lévi-Strauss and Lacan had a similar idea and postulated a "homology" between language and (but only) the unconscious.

[4] In this work, I start from simple grammars of developed languages, which essentially coincide in their rules.

[5] You find more in https://new-psychiatry.com/wp-content/uploads/2021/01/New-Psychiatry-Web.html#mozTocId75510.

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- Verbs primarily represent activities, processes, times and as auxiliary verbs modalities.
- Adjectives primarily represent properties and qualities.
- The syntax with subject and predicate represents relationships of nouns, verbs and adjectives.

For the psyche itself (as personal form of the psychical relevant), this means:

Psyche is both - related to and also personal representative of

- Things, persons and other "forms of being"
- Activities, processes, times and modalities
- Properties and qualities
- Subject(s), object(s) and their contexts.

I call this basic pattern the "four main aspects of differentiation", which are further differentiated into 23 further aspects. For reasons of space, this cannot be shown here and must be viewed in the Summary table (1st column Asp. AI-AIV and Asp. A1-A23).[6]

On 2. The Dimensions

> Ortega y Gasset: *"…it is by no means indifferent how we formulate things. The law of life perspective is not only subjective but rooted in the nature of things…itself.…The mistake is to assume that it is up to our arbitrariness to assign things to their proper rank."* [7]

I use basic language meanings to represent basic meanings of the psychical relevant in general and the psyche in particular (The "Dimensions"). As basic meanings of psyche I use as leading terms: absolute, relative (and nothing). [8] These provide information about the rank and fundamental importance of every psychical relevant. This means that everything that is

[6] One can collect, name and classify everything, which is psychically relevant, with such a division of language structures.

[7] Ortega y Gasset In: „Triumph des Augenblicks Glanz der Dauer" DVA Stuttgart, 1983 S. 75ff. Translated by me.

[8] In language, too, similar differences in meaning are made with absolute words and absolute statements on the one hand and relative words and relative statements on the other.

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psychically relevant has one of these three importances: Either something has absolute or relative or (almost) no importance. Further, I assume (similar to Ortega) a basic hierarchical order of these importances.[9] The Absolute is the decisive and determines the psyche. The Absolute is superordinate to all other psychic aspects (therefore also to superego, id and ego) and determines them. [10] The respective Absolutes also determine the interpersonal realm. [11]

Elsewhere, I hypothesize that the main cause of mental disorders is a confusion of this hierarchy.[12]

Advantages of this concept

The psychical relevant and the psychical are seen from a metapsychological view offering a much broader framework and a more lifelike classification than a merely scientific view. As a result, nothing psychical relevant and psychical is overlooked or misclassified from the outset.[13]

This also means a partially different conception of the psyche and the self. Psyche as the 'personal psychical relevant' includes, represents and reflects all that is relevant to it. That includes not only the person her-/himself but generally everything else what is relevant to her/him.

The Self I define as the personal Absolute.[14]

[9]For further classification of the dimensions see Summary table 1st column Asp. Aa1-Aa7.

[10]the real I is only partly determined.

[11]The Absolute can be a true or a multiplicity of Pseudoabsolutes. More in https://new-psychiatry.com/wp-content/uploads/2021/01/New-Psychiatry-Web.html#mozTocId341057.

[12]More in the publication https://new-psychiatry.com , sections 'Metapsychiatry´ and 'Psychiatry´.

[13]Thus, the mentioned Summary table can serve as a basis to classify any psychically relevant term.

[14]See https://new-psychiatry.com/wp-content/uploads/2021/01/New-Psychiatry-Web.html#mozTocId750186.

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